

健康飲食與癌症

此資訊是關於癌症治療期間和之後的健康飲食。其中闡明了健康飲食的重要性以及健康飲食應包括哪些食物。另外也提供了簡單的概念以協助您改善飲食，以及癌症治療期間的食品安全建議。

所有帶下劃線的辭彙在本文最後所附的辭彙表中均有闡明。辭彙表中亦包括了英語單詞的發音。

若您對本資訊有任何疑問，您可以詢問您接受治療所在醫院的醫生及護士。

您也可於每日上午 8 時至晚上 8 時，致電麥克米倫癌症援助機構（Macmillan Cancer Support）免費熱線：**0808 808 00 00**。我們有口譯員，所以您可以使用中文與我們溝通。當您致電我們時，請以英文告訴我們您所需要的語言（如「敘尼斯」）。

欲參閱更多繁體中文癌症資訊，請瀏覽 macmillan.org.uk/translations

本資訊主要介紹：

- 健康飲食為何重要
- 何謂健康均衡飲食？
- 改變您的飲食
- 您可以做的事情
- 使用食品標籤
- 癌症治療期間和之後的食品安全
- 麥克米倫（Macmillan）如何給予幫助
- 辭彙表
- 更多繁體中文版資訊
- 參考文獻與致謝

健康飲食為何重要

健康飲食是您為了自身健康而做的最為正確的事情之一。很多癌症患者表示，選擇健康的飲食方式讓他們有些感覺到找回了控制權。

良好的飲食並保持健康的飲食有助於：

- 保持健康的體重
- 感覺更強壯
- 精力更足
- 感覺良好。

健康飲食和保持健康的體重可以幫助減小癌症的風險。如果您已經患有癌症，它有助於減少罹患新癌症的風險。它還可以減少罹患其他疾病的風險，如心臟病、糖尿病和中風。

體重超重會增加罹患某些癌症類型的風險。體重超重的原因很多，但不健康的飲食及缺乏運動是常見的原因。擁有健康均衡的飲食並適度運動可以幫助您維持健康的體重。

一些癌症治療會導致體重增加，如荷爾蒙療法或類固醇療法。在這種情況下，請盡量將您的體重保持在正常範圍□。

您的家庭醫生或執業護士會告訴您，您的理想體重是多少。如果您擔心自己的體重，請向您的醫生或營養師尋求建議。

何謂健康均衡飲食？

食物包含了我們身體所需的營養素。健康均衡的飲食能為您提供維持身體健康所需的所有營養素。

對大多數人來□，健康飲食包括：

- 大量的蔬菜水果 – 它們提供維他命、礦物質和纖維。不同種類和顏色的水果和蔬菜有不同的營養成分，所以儘量多吃不同的種類。
- 大量的澱粉類食物（碳水化合物） – 它們提供能量、纖維、鐵和維他命 B。該些食物包括麵包、米飯、麵食、麵條、北非小米和馬鈴薯。
- 適量蛋白質 – 您的身體需要蛋白質運行、成長和自行修復。食物包括瘦肉、禽肉、魚類、堅果、雞蛋和豆子（黃豆和扁豆）。也有植物性肉類替代品，如豆腐、大豆或菌體蛋白（Quorn）。
- 適量奶類和乳製品 – 該些食物包括起司（芝士）和優格（酸奶）。
- 少量的脂肪、鹽和糖。

下圖顯示您應攝取各種食物的份量。



儘量少吃加工肉和紅肉。避免「速食」餐館，這些食物通常含有大量脂肪。

纖維

請盡量攝取各種富含纖維的食物。纖維是穀物、水果和蔬菜中未被消化並向下進入腸道的部分。纖維有助於保持腸道健康，防止便秘。

富含纖維的食物包括：

- 全麥、種子或麩皮麵包，全麥薄煎餅和皮塔餅
- 全麥穀物和麵食
- 糙米
- 帶皮的山藥和土豆
- 豌豆、豆類、扁豆、穀物、燕麥和種子
- 水果和蔬菜。

脂肪

攝取少量脂肪並選擇不飽和脂肪，例如，植物性食用油和塗抹醬、堅果、種子、高脂肪魚類及酪梨（牛油果）。

避免飽和脂肪，例如，奶油（牛油）、酥油、椰子油、洋芋片（薯片）、西式餡餅（派）、蛋糕和糕點。少吃油炸食品和多吃低脂肉類。

鹽

請試著每天攝取不超過 6 克（1 茶匙）的鹽份。攝取超過此量可能會讓您的血壓上升並增加罹患某些癌症、心臟病及中風的風險。請盡量不要在您的食物中添加鹽巴。您可以改用香草、香料或黑胡椒來進行調味。重要的不僅僅是您在食物中添加的鹽。一些食物已經含有很高的鹽分，所以□□食物標籤很重要。

糖

糖為我們提供能量。它天然存在於一些食物和飲料中，如水果和牛奶。

但是很多食品含有添加糖，例如，糖果、餅乾、蛋糕、糕點和布丁。汽水和酒精通常含有大量的糖份。請盡量避免攝取有添加糖的食品和飲料。

飲料

飲料來源主要應為水或茶和咖啡（無糖）。嘗試每天喝最少 2 升（3.5 品□）的水。

如果您要喝汽水、可樂或果汁飲料，請試著減少份量並選擇無糖飲料。儘量限制您喝果汁的量，它含有大量的糖分。

酒精

酒精飲料的熱量很高且可能導致您體重增加。酒精飲料也可能會增加罹患某些癌症的風險。

遵循飲酒建議指南有利於您的健康和體重。政府指導方針建議您應該：

- 每週不要喝超過 14 單位的酒精
- 將您的飲酒量分散為一週三天或更多天
- 試著每週有幾天不飲酒。

每種酒類的熱量和酒精單位

酒精飲料	酒精單位	卡路里（熱量）
一品□啤酒	2	170 至 250
標準的一杯白酒（175 ml）	2	130 至 160
伏特加調酒（25 ml）	1	115

卡路里

食物和飲料能為您提供熱量，而熱量以卡路里計算。在食品標籤中，您會看到標示為大卡（kcal）。如果您攝取的卡路里（熱量）超過您的身體所需，身體就會以脂肪的型態儲存剩餘的熱量。指南建議：

- 男性每日應攝取 2,500 卡路里以下。
- 女性每日應攝取 2,000 卡路里以下。

人隨著年齡增長，所需的熱量會減少。

改變您的飲食

當您正在應對癌症及癌症治療，改變您的飲食可能會有些困難。有些人在生活壓力大時會吃得更多。這稱為安慰性進食。有些人太過繁忙，在購買食物時沒有時間尋找更為健康的選擇。但有些人認為改善飲食是他們可以在生活中做出的正面改變。

當您準備好的時候，您可以慢慢改變您的飲食習慣。改變不一定很昂貴。健康的食物如豆類、小扁豆及一些蔬菜都是便宜的食材。

試著連續幾週寫下您所吃的東西，然後將它們與這些頁面上的資訊進行比較。然後，您可以尋找一些小的改變來改善您的飲食。做出改變可能會令您身心愉快。您可能會發現您以前沒吃過的新食物。

在對您的飲食作出重大改變前，請與您的醫生或護士討論。他們會將您介紹給營養師，讓營養師為您提供改變飲食的專業建議。

您可以做的事情

- 只吃您需要的食物。您的醫生或營養師可以為您提供關於食物份量的建議。
- 請試著每日攝取 5 份蔬菜水果。試著在早餐時吃些水果。在您的餐點中增加一份沙拉或烤蔬菜。它們應該佔您一天食物份量的三分之一。
- 少吃糖和脂肪。選擇健康點心，例如水果和堅果，而非洋芋片（薯片）和餅乾。
- 少吃紅肉和加工肉品，例如，香腸、漢堡和西式餡餅（派）。煮燉肉或咖哩時，您可以多加蔬菜，並減少肉量。
- 適度活動和健康飲食非常重要。即便是短距離散步、做家事或園藝都能改善您的體能。

使用食品標籤

很多食品包裝在其標籤上使用紅綠燈系統。標籤顯示它含有多少糖、脂肪和鹽：

- 紅色表示高
- 黃色表示中
- 綠色表示低。

盡量多吃綠標和黃標食品，少吃紅標食品。

	糖	脂肪	飽和脂肪	鹽
高 (每 100 克)	超過 22.5 克	超過 17.5 克	超過 5 克	超過 1.5 克
中 (每 100 克)	介於 5 克至 22.5 克	介於 3 克至 17.5 克	介於 1.5 克至 5 克	介於 0.3 克至 1.5 克
低 (每 100 克)	5 克 或以下	3 克 或以下	1.5 克 或以下	0.3 克 或以下

癌症治療期間和之後的食品安全

如果您正在接受癌症治療，您的免疫系統可能較弱。這代表您的身體對抗感染的能力較差，因此您發生食物中毒的風險更高。您也可能較無法應對食物中毒的症狀。

減少食物中毒風險的小提示

- 使用新鮮的食材
- 在包裝所示的有效期限內使用該食品
- 將食物和飲料儲存在正確的溫度下（按照包裝上的說明）
- 用冷的自來水充分沖洗所有水果和蔬菜
- 徹底煮熟食物
- 扔掉發霉的食物。

在廚房裡，您應該：

- 觸摸食物前先洗手
- 徹底清潔炊具和砧板
- 使用熱肥皂水或抗菌噴霧擦拭檯面，尤其是在處理生肉或雞蛋之後
- 定期清洗或更換抹布和廚房巾
- 廚房口禁止寵物進入

免疫力低時，應避免的食物

如果您的免疫力非常低，您必須避免特定食物。您的醫生、護士或營養師會告訴您是否需要避免任何食物，包括：

- 未經巴氏消毒的牛奶、奶油或優格（酸奶）
- 使用未經巴氏消毒牛奶製成的起司（芝士），通常是軟起司（軟芝士），如布利起司（布利芝士），以及藍紋乳酪（藍芝士），如斯蒂爾頓起司（斯蒂爾頓芝士）
- 所有肝醬
- 含有益生菌的優格（酸奶）或優酪乳
- 生肉或海鮮
- 流黃的雞蛋和生雞蛋食品（自製蛋黃醬）。

儲存，冷凍和重新加熱食物

如果您打算將食物留著之後再吃，請先讓它完全冷卻再放入冰箱或冷凍。

接受治療前，如果可以，您可以多做幾份然後冷凍。這樣您需要時就可以快速料理。

加熱您的食物前，請記得需確實解凍。包裝上有圖明如何冷凍和解凍食物。如果您因接受癌症治療導致免疫力下降，小心謹慎非常重要。

食物只能重新加熱一次。當您加熱時，請確保食物完全煮熟，包含中間的部分。開動前您可以先讓食物冷卻。加熱食物時，請小心不要燙口。米飯不要再加熱，一煮好就吃。

外出用餐

如果您免疫力低，最好避免外出餐。如果真的要外出用餐，請盡量前往提供新鮮烹製食品的地方，並確保有完全煮熟。

避免購買沙拉吧、自助餐和路邊攤的食物，因為您很難知道食物的新鮮度。也請避免購買冰淇淋車（雪糕車）的冰淇淋（雪糕）。

麥克米倫（Macmillan）如何給予幫助

麥克米倫（Macmillan）致力於協助您和您的家人。您可透過下列方式獲得援助：

- 麥克米倫（Macmillan）援助熱線 (0808 808 00 00)。我們有口譯員，所以您可以使用中文與我們溝通。您只需用英語告訴我們您希望使用何種語言即可。我們可以回答有關醫療的問題、提供有關資金援助的資訊或與您討論您的感受。熱線服務時間為每日上午 8 時至晚上 8 時。
- 麥克米倫（Macmillan）網站 (macmillan.org.uk)。我們的網站提供許多有關癌症和癌症病患生活的英文資訊。欲瞭解其他語言的更多資訊，請瀏覽 macmillan.org.uk/translations
- 資訊與支援服務。您可透過資訊與支援服務中心向癌症援助專家諮詢並獲得書面資訊。瀏覽 macmillan.org.uk/informationcentres 尋找離您最近的諮詢中心或致電我們。您的醫院可能設有資訊中心。
- 本地支援團體 – 您可以在支援團體中與其他受癌症影響的人交流。瀏覽 macmillan.org.uk/supportgroups 尋找離您最近的當地支援團體或致電我們。
- 麥克米倫（Macmillan）網路社群 – 您亦可以前往 macmillan.org.uk/community 與其他受癌症影響的人交流

辭彙表

詞語 (繁體中文)	英文	英文發音 (英文單 詞的譯音)	意思
便秘	Constipation	康斯泰派辛	排便 (上廁所) 困難或痛苦。
感染	Infection	英菲克辛	當細菌進入您的身體進而導致疾病。
荷爾蒙療法	Hormonal therapy	浩謀諾 塞若匹	一些人可能會接受的癌症治療。
類固醇	Steroids	斯迪爾若艾支	某些人的癌症治療中可能包含的藥物。
免疫系統	Immune system	依謬因 希斯特姆	您的免疫系統是您的身體保護您免受有害細菌侵害並抵禦感染的方式。
食物中毒	Food poisoning	副德 泡艾任寧	因攝取含有細菌的食物而引起的疾病。食物中毒會導致噁心和嘔吐。
未經巴氏殺菌	Unpasteurised	昂派斯特瑞艾斯特	代表食物或飲料中的有害菌種未遭到破壞。
益生菌	Probiotics	破若吧艾奧提克斯	存在於一些優格 (酸奶) 或優酪乳中的活菌或酵母。
營養素	Nutrients	紐崔恩次	您的身體持續正常運作並保持健康所需的物質。
營養師	Dietitian	達艾爾提辛	食品和營養方面的專家。他們可以告訴您哪些食物最適合您。如果您有飲食上的問題，他們也可以為您提供建議。

更多繁體中文版資訊

我們提供更多有關下列主題的繁體中文資訊：

癌症類型	應對癌症
<ul style="list-style-type: none">• 乳腺癌• 大腸癌• 肺癌• 前列腺癌	<ul style="list-style-type: none">• 若您被診斷患有癌症 – 快速指南• 飲食問題與癌症• 生命的終點• 經濟援助 – 福利救濟金• 經濟援助 – 財務協助• 健康飲食• 疲憊（疲勞）與癌症• 癌症治療的副作用• 您可以做些什麼來幫助自己
治療	
<ul style="list-style-type: none">• 化療• 放療• 手術治療	

欲查看該資訊，請前往 macmillan.org.uk/translations

以中文與我們溝通

您可以撥打麥克米倫（Macmillan）免費電話 **0808 808 00 00** 透過口譯員以中文與我們交談。您可以同我們討論您的憂慮和醫療問題。當您致電我們時，只需用英語口出「中文」即可（請口出「釵尼斯」）。

我們的辦公時間為每日上午 8 時至晚上 8 時。

參考文獻與致謝

本資訊由麥克米倫癌症援助機構（Macmillan Cancer Support）癌症資訊開發團隊編寫和編輯。由翻譯公司提供繁體中文的翻譯版本。

本資料單資訊以麥克米倫（Macmillan）宣傳冊釵尼斯為基礎編制而成。我們可以將副本發送給您，但完整手冊只有英語版本。

本資訊經有關專家審閱，並獲得我們的首席醫療編輯蒂姆·艾弗森教授、醫學腫瘤學顧問及麥克米倫（Macmillan）首席醫療編輯的批准。

同時感謝審閱本資訊的癌症患者。

我們所有的資訊都依據可獲得的最佳證據。關於我們所用資源的更多資訊，請透過 cancerinformationteam@macmillan.org.uk 聯絡我們

MAC15915_Traditional Chinese

內容審閱日期：2020 年

計畫下次審閱日期：2023 年

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MAC15915_Traditional Chinese



Healthy eating and cancer

This information is about how to eat well during and after cancer treatment. It explains why a healthy diet is important and what it should include. There are also ideas for simple changes you can make to improve your diet, and advice on food safety during cancer treatment.

Any words that are underlined are explained in the word list at the end. The word list also includes the pronunciation of the words in English.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

There is more cancer information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

This information is about:

- Why a healthy diet is important
- What is a healthy, balanced diet?
- Making changes to your diet
- Things you can do
- Using food labels
- Food safety during and after cancer treatment
- How Macmillan can help you
- Word list
- More information in [\[language\]](#)
- References and thanks

Why a healthy diet is important

Eating a healthy diet is one of the best things you can do for your health. Many people with cancer say that choosing to eat a healthy diet gives them back some feeling of control.

Eating well and keeping to a healthy diet will help you:

- keep to a healthy weight
- feel stronger
- to have more energy
- feel better.

Eating a healthy diet and keeping to a healthy weight can help reduce the risk of cancer. If you have already had cancer it can reduce the risk of a new cancer. It also reduces the risk of other diseases, such as heart disease, diabetes and strokes.

Being overweight increases the risk of some types of cancer. There are many reasons why people are overweight, but an unhealthy diet and lack of physical activity are common reasons. Having a healthy, balanced diet and being active will help you keep to a healthy weight.

Some cancer treatments can cause weight gain, such as hormonal therapy or steroids. If this happens, try to keep your weight within the normal range for your height.

Your GP or practice nurse can tell you what your ideal weight is. If you are worried about your weight, ask your GP or a dietitian for advice.

What is a healthy, balanced diet?

Food contains nutrients that our bodies need. A healthy, balanced diet gives you all the nutrients you need to keep your body working well.

For most people, a healthy diet includes:

- Lots of fruit and vegetables – These give you vitamins, minerals and fibre. Different types and colours of fruit and vegetables have different nutrients so try to eat lots of different ones.
- Lots of starchy foods (carbohydrates) – These give you energy, fibre, iron and B vitamins. Foods include wholemeal bread, rice, pasta, noodles, couscous and potatoes.
- Some protein – Your body needs protein to function, grow and repair itself. Foods include lean meat, poultry, fish, nuts, eggs and pulses (beans and lentils). There are also plant-based meat alternatives such as tofu, soya or mycoprotein (Quorn).
- Some milk and dairy – Foods include cheese and yoghurt.

- A small amount of fat, salt and sugar.

The diagram below shows how much of each food you should have.



Try to eat less processed meat and red meat. Avoid 'fast food' restaurants, these foods usually contain a lot of fat.

Fibre

Try to eat a variety of foods with fibre. Fibre is the part of cereals, fruit and vegetables that is not digested and passes down into the gut. Fibre helps keep your bowels healthy and prevents constipation.

Foods high in fibre include:

- wholemeal, seeded or granary bread, wholemeal chapatis and pitas
- wholegrain cereals and pasta
- brown rice
- yams and potatoes with their skin on
- peas, beans, lentils, grains, oats and seeds
- fruit and vegetables.

Fat

Eat a small amount of fat and choose unsaturated fats, such as vegetable-based cooking oils and spreads, nuts, seeds, oily fish and avocados.

Avoid saturated fats, such as butter, ghee, coconut oil, chips, pies, cakes and pastries. Eat less fried foods and less fatty cuts of meat.

Salt

Try to have no more than 6 grams (1 teaspoon) of salt each day. Eating more than this can increase your blood pressure and your risk of some types of cancer, heart disease and stroke. Try not to add salt to your food. You could use herbs, spices or black pepper for flavour instead. It is not just the salt you add to your food that counts. Some foods already contain high levels of salt, so it is important to check the food labels.

Sugar

Sugar gives us energy. It is found naturally in some food and drinks, such as fruit and milk.

But many foods contain added sugar, such as sweets, biscuits, cakes, pastries and puddings. Fizzy drinks and alcohol often contain a lot of sugar too. Try to avoid foods and drinks with added sugar.

Drinks

Drinks should be mainly water, or tea and coffee (without sugar). Try to drink at least 2 litres (3½ pints) of fluids each day.

If you drink fizzy drinks, cola or squash, try to have less and have the sugar-free types instead. Try to limit the amount of fruit juice you drink, it has lots of sugar in it.

Alcohol

Alcohol contains lots of calories and can make you gain weight. Alcohol may also increase the risk of some cancers.

Following recommended drinking guidelines is good for your health and weight. Government guidelines suggest that you should:

- not regularly drink more than 14 units of alcohol in a week
- spread the alcohol units you drink in a week over 3 or more days
- try to have several days each week where you do not drink.

Number of calories and units of alcohol per drink

Drink	Units of alcohol	Calories (energy)
Pint of lager	2	170 to 250
Standard glass of white wine (175ml)	2	130 to 160
Single vodka (25ml) with a mixer	1	115

Calories

Food and drinks give you energy. The amount of energy is measured in calories. On food labels, you will see this written as kcal. If you eat or drink more calories (energy) than your body needs, the body stores the extra calories as fat. Guidelines suggest that:

- Men eat no more than 2,500 calories per day.
- Women eat no more than 2,000 calories per day.

As people get older, they need even less calories.

Making changes to your diet

It can be difficult to make changes to your diet when you are already coping with cancer and cancer treatment. Some people eat more when life is stressful. This is called comfort eating. Others are so busy that they do not have time to look for healthier options when food shopping. But some people find improving their diet is a positive change they can make in their life.

You can make changes to your diet slowly, when you feel ready. It doesn't have to be expensive. Healthy foods like beans, lentils and some vegetables are cheap ingredients to use.

Try writing down what you eat for a few weeks, and then compare this with the information in these pages. Then you can look for small changes you can make to improve your diet. Making changes can be enjoyable. You may discover new foods that you have not tried before.

Before making any big changes to your diet, talk to your doctor or nurse. They can refer you to a dietitian, who can give you expert advice about changing your diet.

Things you can do

- Only eat as much food as you need. Your doctor or dietitian can give you advice on portion sizes.
- Try to eat 5 portions of fruit and vegetables each day. Try having some fruit with your breakfast. Add a side dish of salad or roasted vegetables to your meals. They should make up a third of what you eat in a day.
- Eat less sugar and fat. Choose healthy snacks such as fruit and nuts, rather than crisps and biscuits.
- Eat less red meat and processed meat, such as sausages, burgers and pies. If you make stews or curries, add more vegetables and less meat.
- It's important to keep active along with eating a healthy diet. Even just short walks, housework or gardening will improve your fitness.

Using food labels

Many packaged foods use a traffic light system on their labels. The label shows how much sugar, fat and salt it contains:

- red means high
- amber means medium
- green means low.

Eat more foods with green and amber labels, and less foods with red labels.

	Sugars	Fats	Saturates	Salt
High (per 100g)	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
Medium (per 100g)	Over 5g to 22.5g	Over 3g to 17.5g	Over 1.5g to 5g	Over 0.3g to 1.5g
Low (per 100g)	5g or under	3g or under	1.5g or under	0.3g or under

Food safety during and after cancer treatment

If you are having cancer treatment, your immune system may be weaker. This means your body is less able to fight infection and you are more at risk of food poisoning. You may also be less able to cope with the symptoms of food poisoning.

Tips to reduce the risk of food poisoning

- use fresh ingredients
- use foods before the use-by date on the packaging
- store food and drinks at the correct temperature (follow instructions on the packaging)
- rinse all fruit and vegetables well in cold running water
- cook food thoroughly
- throw away mouldy food.

In the kitchen you should:

- wash your hands before you touch food
- clean cooking utensils and chopping boards thoroughly
- wipe worktops with hot, soapy water or an antibacterial spray, especially after preparing raw meat or eggs
- wash or replace dishcloths and tea towels regularly
- keep pets out of the kitchen.

Foods to avoid if your immune system is low

If your immune system is very low, you will need to avoid certain foods. Your doctor, nurse or dietitian will tell you if you need to avoid any foods. These may include:

- unpasteurised milk, cream or yoghurt
- cheese made from unpasteurised milk (usually soft cheeses, such as Brie, and blue cheeses, such as Stilton)
- all types of paté
- yoghurt or yoghurt drinks that contain probiotics
- raw meat or seafood
- runny eggs and foods with raw eggs (homemade mayonnaise).

Storing, freezing and reheating food

If you decide to keep food to eat later, let it cool down completely before storing it in the fridge or freezer.

If you feel able to, you could make extra portions and freeze them before treatment. This means you have meals that are quick to make when you need them.

Remember to defrost your food properly before reheating it. There are instructions on the packaging about how to freeze and defrost food. It is especially important to be careful if you have low immunity due to cancer treatment.

You should only reheat food once. When you reheat it, make sure it gets very hot, even in the middle. You can let it cool down before eating it. Be careful not to burn your mouth if you reheat food. Do not reheat cooked rice, eat it as soon as it's cooked.

Eating out

It is best to avoid eating out if you have low immunity. If you do eat out, eat somewhere where you know the food is freshly made and make sure it is thoroughly cooked.

Avoid buying food from salad bars, buffets and street vendors, as it is difficult to know how fresh the food is. Also avoid having ice-cream from an ice-cream van.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word	In English	How to say in English	Meaning
	Constipation		When you find it difficult or painful to poo (pass stools).
	Dietitian		An expert in food and nutrition. They can tell you which foods are best for you. They can also give you advice if you have any problems with your diet.
	Food poisoning		An illness caused by eating food that contains bacteria. It can cause nausea and vomiting.
	Hormonal therapy		A type of treatment for cancer that some people may have.
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and fighting off <u>infections</u> .
	Infection		When bacteria gets into your body and causes an illness.
	Nutrients		Substances that your body needs to keep working properly and stay healthy.
	Probiotics		Live bacteria or yeast that might be in some yoghurts or yoghurt drinks.
	Steroids		A medicine that some people may have as part of their cancer treatment.
	Unpasteurised		This means the harmful bacteria in a food or drink has not been destroyed.

More information in other languages

We have information in other languages about these topics:

Types of cancer <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer Treatments <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	Coping with cancer <ul style="list-style-type: none">• If you are diagnosed with cancer – a quick guide• Eating problems and cancer• End of life• Financial support – benefits• Financial support – help with costs• Healthy eating• Tiredness (fatigue) and cancer• Side effects of cancer treatment• What you can do to help yourself
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To see this information, go to **[macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)**

Speak to us in another language

You can call Macmillan free on **0808 808 00 00** and speak to us in another language through an interpreter. Please tell us in English which language you need. You can talk to us about your worries and medical questions.

We are open 7 days a week, 8am to 8pm.

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into this language by a translation company.

The information included is based on the Macmillan booklet **Healthy eating and cancer**. We can send you a copy, but the full booklet is only available in English.

This information has been reviewed by relevant experts and approved by our Chief Medical Editor, Professor Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

MAC15915_Language

Content reviewed: 2020

Next planned review: 2023

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